

**DECEMBER DISTANCE MEET**  
**DECEMBER 9<sup>TH</sup> 2012**  
**SHENENDEHOWA AQUATICS CENTER**

Due to an overwhelming response to this meet, the following changes have been made:

Events # 5 & #6, 200 Free and #15 & #16, 800 Free Relays have been eliminated from the meet.

All teams will be issued a refund check for these events

Session Times will be as follows;

Session 1 ... warm-ups 7:00am ... Meet Starts 8:00am ... Positive check-in by 7:30am

Session 2 ... warm-ups 11:00 am ... Meet Starts 12:30 Pm ... Positive check-in by 11:30am

Session 3 ... warm-ups 4:45pm ... Meet Starts 5:15pm ... Positive check-in by 5:00 pm